

NUTRITION AND FOODS

Course Description: *Nutrition and Foods* is a specialized course designed to help students understand the nutrient value, appetite appeal, social significance and cultural aspects of food. Students will examine the role of nutrition in the prevention of health conditions, such as obesity, and the promotion of optimal body performance throughout the life span. The course offers students opportunities to develop skills in the safe and sanitary selection, preparation, storing, and serving of food; meal management to meet individual and family nutrition needs across the life span; and optimal use of food resources. Instruction includes academic integration and technology applications. Careers in nutrition and food industries will be explored.

Family, Career and Community Leaders of America (FCCLA), the co-curricular student organization, provides students with opportunities for leadership development, personal growth and school/community involvement.

Recommended Pre-Requisite(s): Family & Consumer Sciences (FACS) or Personal, Academic and Career Excellence (PACE) and Child and Life Span Development

Recommended Credit(s): 1/2 – 1

Recommended Grade Level(s): 10-11-12

Note: Standards 1– 6 = ½ credit,
Standards 1-8 = 1 credit

Nutrition and Foods

Course Standards

- Standard 1.0** Demonstrate leadership, citizenship and teamwork skills required for success in the family, workplace and community.
- Standard 2.0** Analyze factors that influence nutrition and food practices in a multi-cultural society.
- Standard 3.0** Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.
- Standard 4.0** Demonstrate safety and sanitation procedures when handling, preparing, storing and serving food.
- Standard 5.0** Demonstrate ability to select, prepare and serve nutritious and aesthetically pleasing foods.
- Standard 6.0** Explore career opportunities and preparation requirements for careers in the nutrition and food industries.
- Standard 7.0** Apply consumer practices in the selection of food to meet nutritional needs and equipment used in food preparation.
- Standard 8.0** Research and evaluate ethnic and foreign foods.

**Nutrition and Foods
Course Standards and Expectations**

Standard 1.0 Demonstrate leadership, citizenship and teamwork skills required for success in the family, workplace and community.

Expectations and Performance Indicators:

- 1.1 Examine the components of Family, Career and Community Leaders of America (FCCLA), the co-curricular student organization, and the relationship to the Nutrition and Foods course of study.
- 1.2 Plan activities using the FCCLA planning process.
- 1.3 Apply leadership, citizenship and teamwork skills as an integral part of classroom activities.

Standard 2.0 Analyze factors that influence nutrition and food practices in a multi-cultural society.

- 2.1 Examine the influence of social, psychological, technological, governmental and scientific developments on nutrition and food practices.
- 2.2 Evaluate food habits and meal patterns in terms of family values, customs and cultural influences.
- 2.3 Investigate current health concerns related to nutrition and foods.

Standard 3.0 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.

Expectations and Performance Indicators:

- 3.1 Illustrate basic principles of nutrition to promote healthy food choices.
- 3.2 Assess the effect of nutrients on health, appearance and peak performance.
- 3.3 Research the problems of obesity and eating disorders and identify factors that contribute to their prevention.
- 3.4 Demonstrate the use of current dietary guidelines in meeting individual nutritional needs of individuals and families across the life span.

Standard 4.0 Demonstrate safety and sanitation procedures when handling, preparing, storing and serving food.

Expectations and Performance Indicators:

- 4.1 Identify potential health and wellness risks involving safety and sanitation hazards in the kitchen.
- 4.2 Acquire one hundred percent mastery of safety and sanitation standards needed to ensure a safe environment for laboratory experiences.
- 4.3 Practice safety and sanitation procedures when handling, preparing, storing and serving food.

Standard 5.0 Demonstrate ability to select, prepare and serve nutritious and aesthetically pleasing foods.**Expectations and Performance Indicators:**

- 5.1 Examine the effects of various kitchen designs, tools, equipment and technology on food preparation.
- 5.2 Apply basic food preparation principles when preparing selected foods.
- 5.3 Identify science principles of food preparation.
- 5.4 Demonstrate appropriate dining etiquette and table service.
- 5.5 Plan and evaluate individual and family meals.

Standard 6.0 Explore career opportunities and preparation requirements for careers in the nutrition and food industries.**Expectations and Performance Indicators:**

- 6.1 Assess and compare personal qualifications, interest, values and educational preparation necessary for employment in the nutrition and foods industry.
- 6.2 Examine jobs and preparation requirements for careers in nutrition and foods industries.

Standard 7.0 Apply consumer practices in the selection of food to meet nutritional needs and equipment used in food preparation.**Expectations and Performance Indicators:**

- 7.1 Describe a variety of factors affecting consumer food purchases.
- 7.2 Investigate the impact of global and local events and conditions on nutrition and food choices and practices.
- 7.3 Describe decisions to be made for purchasing kitchen equipment and appliances.
- 7.4 Examine legislation and regulations related to nutrition and foods (nutrition labels, meat inspection, etc).
- 7.5 Compare nutritional information of food products and recipes.
- 7.6 Evaluate nutritional information reliability and claims made for dietary supplements, diet aids and diet fads.

Standard 8.0 Research and evaluate ethnic and foreign foods.**Expectations and Performance Indicators:**

- 8.1 Describe the origins of foods of the seven main regions of the United States (New England, Mid-Atlantic, South, Midwest, West and southwest, Pacific Coast and Hawaiian Islands) and Canada.
- 8.2 Prepare foods representative of the seven main regions and Canada.
- 8.3 Identify and research food customs of Latin America, Europe, the Mediterranean Countries, the Middle East and Africa, and Asia.
- 8.4 Prepare foods native to Latin America, Europe, the Mediterranean Countries, the Middle East and Africa, and Asia.